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## AYURVEDA AND ASTROLOGY: A LITERATURE REVIEW ON VEDIC SYNERGY

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### ABSTRACT:

**Background:** Ayurveda and Vedic Astrology, two ancient Indian sciences, share a profound philosophical and practical synergy rooted in Vedic tradition. Ayurveda, the "Science of Life," emphasizes holistic healing through the balance of Doshas, while Jyotish Shastra, or Vedic Astrology, interprets celestial movements to reveal karmic patterns and health predispositions. Their integration—often termed Ayur Jyotisha offers a multidimensional approach to personalized wellness. **Methods:** This literature review synthesizes classical texts, contemporary research, and interdisciplinary commentaries to explore the intersection of Ayurvedic diagnostics and astrological insights. **Results:** Findings indicate that planetary configurations at birth can correlate with *Dosha* imbalances and disease susceptibility. Astrology enhances Ayurvedic practice by identifying auspicious timings for treatment and revealing deeper karmic influences. The review highlights case studies and theoretical models where Ayurvedic and astrological integration led to improved health outcomes and spiritual clarity. **Discussion:** The convergence of Ayurveda and Astrology reflects a holistic paradigm that aligns physical health with cosmic rhythms. As both disciplines experience a modern revival, their synthesis offers promising avenues for preventive, personalized, and spiritually attuned healthcare. Future research should focus on empirical validation and integrative clinical frameworks to bridge traditional wisdom with contemporary wellness models.

**KEYWORDS:** Ayurveda, Jyotisha shastra, *Dosha*, *Graha*

## **INTRODUCTION:**

Vedic astrology represents India's ancient tradition of interpreting celestial movements stars, planets, and the flow of time itself. Originally known as *Vedanga Jyotish*<sup>1</sup>, it signifies the study of light (*Jyoti*) as an integral limb (*Vedanga*) of the Vedas. It is also referred to as Jyotirveda, the "Veda of light" or "Science of Illumination." Ayurveda, meaning "Science of Life," is its complementary Vedic discipline focused on holistic healing of body and mind<sup>2</sup>. Both systems are vibrant expressions of a sacred science born in an era when humanity shared a deeper intuitive bond with the cosmos.

Ayurveda and Astrology-two ancient Indian sciences have long been intertwined in their pursuit of holistic well-being. Both are vibrant expressions of a sacred tradition that emerged in an era when humanity shared a deeper intuitive bond with the cosmos. While Ayurveda, the Science of Life, focuses on healing the body, mind, and spirit through the lens of *Dosha* (biological energies), *Jyotish Shastra*, originally known as *Vedanga Jyotish* or *Jyoti Veda*, interprets the celestial movements - stars, planets, and the flow of time as a cosmic blueprint of individual destiny.

Together, these systems form a comprehensive framework for diagnosis, healing, and spiritual insight. Ayurveda evaluates an individual's physical and psychological constitution (*Prakriti*)<sup>3</sup>, while Astrology uncovers the cosmic influences that shape it. Planetary alignments at birth can reveal potential imbalances in the *Doshas*, susceptibility to specific diseases, and even the most auspicious periods for initiating treatment.

Vedic Astrology serves as a profound tool not only for prediction but also for guidance. Skilled astrologers can identify life events with remarkable precision, yet their insights extend far beyond forecasting they illuminate one's life purpose, karmic patterns, and spiritual trajectory. Meanwhile, Ayurveda offers practical methods to restore balance and promote wellness through diet, herbs, lifestyle, and internal purification.

This synergy often called Ayurvedic Astrology or *Ayurjyotisha* is especially potent when applied to the core Ayurvedic principles of *Dosha*, *Dushya*, and *Chikitsa*. It enables practitioners to align earthly health with celestial rhythms, offering not just symptomatic relief but a deeper understanding of the karmic and energetic roots of illness and wellness.

As both sciences undergo a modern renaissance, their integration offers a powerful path toward personalized, preventive, and spiritually attuned healthcare.

Each person has a unique *Prakriti* determined by the balance of these *Dosha* at birth.<sup>4</sup>

### **Foot Prints of Jyotish Shastra in Ayurveda Textbook:**

**In Caraka Samhita:** Disturbed planetary and environmental forces disrupt seasonal balance, causing the earth to yield weak medicines leading to disease.<sup>5</sup>

Heated by the sun and cooled by moonlight, this water matures over time, purified by the influence of *Agastya*, Known as *Hamsodaka*, the clear and pure autumnal water is like *Amritam* beneficial for bathing, drinking, and immersion.<sup>6</sup>

In procedure of *Punsavan Vidhi* medicine should be administer during *Pushya Nakshatra*. In *Garbha Sthapan Vidhi*, during every Pushya nakshatra should be given bath with water boiled with same medicine. C sha 8/19-20. And also, in formation of *Pushyanug Churna* medicine should be collected in *Pushya Nakshatra*.<sup>7</sup>

In *Unmad chikista adhyaya* acharya describe about *Dev*, *Bhut*, *Graha* etc and also explain how *Devadi* enters into body.<sup>8</sup>

Apart from this, all classical ayurveda text book richly documented the Comprehensive knowledge of this subject.

### **DOSHA AND PLANETS:**

Vedic Astrology uses the seven classical planets visible to the naked eye are Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn. The term for planet in Vedic astrology is *Graha* which means something seize or hold us. Planets act as carriers or transmitter of cosmic energy and they reflect *Karmic* and *Pranic* influences upon the individual. Like the *Dosha*, their excess or deficiency can disrupt bodily functions, leading to decay and ultimately death.

The main correlation between Vedic medicine and astrology is explore through the relationship between dosha and planets

### **VATA PLANETS: SATURN, RAHU AND MERCURY<sup>9</sup>**

Saturn governs the entirety of *Vata* systems, with a particular emphasis on elimination, especially the colon, which serves as the primary site of *Vata* accumulation and the origin of many disease processes. Saturn is the principal agent behind most *Vata*-related disorders, ranging from arthritis and neurological conditions to chronic illnesses and states of debility.

In Ayurvedic thought, Saturn is regarded as the general significator of disease and poor health, largely due to its association with *Vata dosha*, which is considered the most prolific and severe among the three doshas in terms of disease causation. When Saturn is afflicted or inimical in a birth chart, its health implications must be examined with great care.

Rahu, the north lunar node, mirrors Saturn in energetic quality but operates with greater subtlety. It is linked to mental and neurological disturbances, as well as obscure and degenerative diseases that often manifest suddenly and progress rapidly. When Saturn and Rahu combine in influence, they are frequently found at the root of intense Vata disorders and major health crises, including cancer, psychological collapse, and severe mental illness.

Mercury is a mutable, impressionable planet that reflects the traits of those it associates with, linking it to all three doshas. However, its airy nature and connection to the nervous system, mind, and communication make it primarily Vata in essence. Mercury represents the youthful, balanced side of Vata, in contrast to Saturn's aged and pathological form. Its influence is crucial in psychological Ayurveda, and as a symbol of childhood, it plays a key role in evaluating paediatric health.

### **PITTA: SUN, MARS, KETU<sup>10</sup>**

The sun governs the fire element in the body providing light heat and color on all levels. It rules over all Pitta system as a whole from the digestive system to the eyes and the perceptive aspect of the mind. Sun is the indicator of physical vitality and *Prana*. A well placed and strong Sun in the in the birth chart indicate good health and strong resistance to disease, while weak or afflicted sun causes health and vitality problems, generally of chronic or persistent nature starting with weak digestion and poor metabolism.

Mars predominantly governs Pitta through its fiery, aggressive, and masculine energy. As a malefic planet, it is more prone than the Sun to trigger *Pitta*-related disorders such as fever, inflammation, infection, and acute conditions. Mars also signifies impulsive actions, accidents, and surgical interventions, often affecting constitutionally strong individuals. It is the primary planetary indicator for *Pitta* imbalances and ranks second only to Saturn in disease causation.

Ketu mirrors Mars in influence, akin to Rahu's subtle alignment with Saturn. While Ketu shares Rahu's association with nervous and mental disorders, it also implicates muscular coordination and strength, contributing to neuromuscular conditions. Like Mars, Ketu is linked to chronic or deep-seated fevers and infections, often resistant to treatment. It may also denote injuries or trauma arising from collective events such as wars or disasters.

A conjunction of Mars and Ketu in a chart intensifies the risk of severe *Pitta* disorders and violent outcomes.

**KAPHA: MOON, VENUS, JUPITER<sup>11</sup>**

The Moon governs the water element and bodily fluids, overseeing the entire *Kapha* system. It influences emotional receptivity and nurturing core *Kapha* traits making a strong Moon indicative of robust *Kapha* and a *Kapha* constitution. However, due to its changeable nature, especially near the Sun as a new Moon, it also exhibits subtle Vata qualities. Lunar afflictions can impact early childhood health and disturb psychological balance, often more profoundly than Mercury.

Venus regulates *Kapha* more specifically, akin to Mars with *Pitta*, through feminine, watery energy and its close link to the reproductive system. Like the Moon, Venus carries *Vata*-like changeability. It imparts *Kapha*-associated beauty and grace but may cause disease through indulgence, luxury, or excess even in those with otherwise strong constitutions.

Jupiter governs the active aspect of *Kapha*, promoting bodily bulk and vitality. As the counterpart to Saturn the planet of disease, Jupiter represents positive health, rooted in balanced *Kapha*. It reflects the soul's benefic and healing influence, supporting emotional stability, deep intelligence, calmness, and faith. However, like Venus, Jupiter may also contribute to disease through complacency or excessive indulgence.

For example, a person with a strong Mars in their birth chart may exhibit *Pitta* dominance fiery temperament, sharp intellect, and inflammatory tendencies.

**DOSHA, PLANET AND PANCHMAHABHUT:<sup>12</sup>**

In Ayurvedic and Jyotisha cosmology, the relationship between *Dosha*, *Graha* (planet), and *Pancha Maha Bhuta* (five great elements) forms a triadic framework that links human physiology, cosmic forces, and elemental theory.

Each *Dosha* *Vata*, *Pitta*, and *Kapha* arises from specific combinations of *Mahabhuta*. These elemental compositions govern movement, transformation, and stability in the body. Correspondingly, planets embody and influence these *Dosha* through their inherent qualities. This integrative mapping allows for a personalized understanding of health, behaviour, and disease, where planetary configurations can reflect or aggravate *Dosha* imbalances rooted in elemental dynamics.

S.No.	Element	Dosha	Planet
1.	<i>Prithvi</i>	<i>Kapha</i>	Mercury
2.	<i>Jala</i>	<i>Kapha</i>	Venus, Moon
3.	<i>Agni</i>	<i>Pitta</i>	Mars, Sun, Ketu
4.	<i>Vayu</i>	<i>Vata</i>	Saturn, Rahu
5.	<i>Akash</i>	<i>Vata</i>	Jupiter

### **SAPTA DHATU AND PLANET:<sup>13</sup>**

The influence of the planets extends to the *Dhatu* of the body as described in Ayurveda. As with the *Dosha*, there is not a final one-to-one correlation to the planets but a number of important correlations.

In Ayurvedic astrology, each of the *Sapta Dhatu* is influenced by specific *Graha* (planets) based on their elemental and physiological roles.

*Rasa Dhatu* is governed by the Moon, which controls hydration and *Kapha*, and also by Mercury, due to its link with skin and the nervous system its affliction may cause skin disorders.

*Rakta Dhatu* aligns with *Pitta*, making Sun and Mars key influencers, the Sun rules the heart and circulation, while Mars triggers inflammatory and blood-related conditions.

*Mamsa Dhatu* is shaped by Mars, the planet of action, and Saturn, which governs structural integrity.

*Meda Dhatu* is primarily under Jupiter, associated with bulk and nourishment, with the Moon contributing to water retention and weight.

*Asthi Dhatu* relates to Saturn, due to its connection with structure and Prana absorption, and also to the Sun, whose digestive strength supports bone formation.

*Majja Dhatu* is linked to Mercury for its neural control, Mars for red marrow, and Saturn and Rahu, which can deplete nerve tissue and cause neurological disorders.

*Sukra Dhatu* is ruled by Venus, whose very name denotes reproductive essence, with the Moon also playing a vital role in fertility and hormonal balance.

Ayurveda offers a multi-pronged approach to healing:

- **Shodhana:** *Panchakarma* therapies to eliminate toxins.
- **Shamana:** Herbal remedies, diet, and lifestyle adjustments.
- **Rasayana:** Therapies to restore vitality and longevity.
- **Satvavajaya:** Counselling, meditation, and mantra.

Treatment is customized based on the individual's *Dosha*, affected *Dushya*, and disease stage.

### **Astrological Treatment:<sup>14</sup>**

Astrology complements this by offering:

- **Gem Therapy:** Wearing specific gemstones to balance planetary energies.
- **Mantra Therapy:** Chanting planetary mantras to harmonize subtle vibrations.

- **Muhurta (Timing):** Choosing auspicious times for treatments or surgeries.
- **Remedial Measures:** Donations, rituals, and fasting to mitigate karmic imbalances.

For instance, someone with a weak Sun may be advised to wear a ruby and chant the *Aditya Hridayam* to boost vitality and *Pitta* balance.

### **Mantra, Gem, and Ritual: The Subtle Therapies**

Ayurveda recognizes the role of subtle energies in healing. Astrology enhances this through:

- **Mantras:** Sound vibrations that align planetary and *Dosha* energies.
- **Gems:** Crystals that resonate with planetary frequencies and influence tissue healing.
- **Rituals:** Fire ceremonies (*Yajnas*), fasting, and donations to balance karmic debts.

These therapies are especially useful in psychosomatic disorders, chronic conditions, and emotional healing.

### **Timing and Transits:**

Both Ayurveda and Astrology emphasize the importance of timing:

- **Dinacharya (Daily Routine):** Aligning activities with solar and lunar cycles.
- **Ritucharya (Seasonal Regimen):** Adjusting diet and lifestyle with seasonal *Dosha* shifts.
- **Planetary Transits:** Starting treatments during favorable planetary periods enhances efficacy.

### **Modern Relevance and Integration**

In today's world, integrative medicine is gaining momentum. Ayurveda and Astrology together offer:

- **Personalized Wellness:** Tailored diets, herbs, and therapies based on birth charts.
- **Preventive Care:** Early detection of *Dosha* imbalances through astrological analysis.
- **Mental Health Support:** Addressing emotional and *karmic* roots of illness.
- **Spiritual Growth:** Aligning health practices with life purpose and cosmic rhythms.

### **CONCLUSION:**

The relationship between Ayurveda and Astrology is not merely symbolic it is profoundly functional. *Dosha* reflects the elemental energies within us, while planets mirror those energies in the cosmos. *Dushya* show where imbalances manifest, and *Chikitsa* offers the path to restoration.

Together, these sciences remind us that healing is not just about the body it's about aligning with the universe. By understanding our cosmic blueprint and earthly constitution, we can live in harmony, health, and purpose.

As the ancient sages knew, we are not separate from the stars we are their living expression. The relationship between Ayurveda and Vedic astrology (*Jyotish*) is both ancient and intricate like two interwoven threads of the same cosmic tapestry.

### **Foundational Link- Veda-Based Origins**

- Ayurveda and Jyotish both stem from the *Veda* especially the *Atharva Veda* and share a common philosophical framework rooted in *Sankhya* and *Vedanta*.
- Ayurveda focuses on *Sharira* (body) and *Manas* (mind), while *Jyotish* explores *Kala* (time) and *Karma* (destiny).

### **Dosha and Grahas: Energetic Parallels**

These correlations allow astrologers and Ayurvedic practitioners to anticipate health tendencies and tailor interventions accordingly.

Timing Matters: *Dinacharya*, *Ritucharya* & Transits

- Ayurveda's daily and seasonal regimens (*Dinacharya* & *Ritucharya*) align with planetary rhythms and lunar cycles.
- Jyotish helps determine auspicious timings (*Muhurta*) for treatments, surgeries, or detox routines (*Panchakarma*).

Personalized Healing: Birth Chart as Diagnostic Tool

- A person's Janma Kundali (birth chart) reveals constitutional tendencies (*Prakriti*), disease susceptibilities (*Vikriti*), and *karmic* imprints.
- This enables Astro-Ayurveda, a fusion approach that guides diet, lifestyle, and herbal prescriptions based on planetary influences.

Mental Health & Karma

- Jyotish offers insight into *Manasika Dosha* (mental imbalances), *karmic* blocks, and emotional patterns.
- Ayurveda complements this with therapies like *Sattvavajaya chikitsa* (mind therapy), *Medhya Rasayana* and *pranayama*.

### **DISCUSSION:**

Ayurveda and Astrology-Two Sciences, One Soul are ancient Vedic disciplines that reflect a unified worldview where the human being is seen as a microcosm of the cosmos. Stemming

from the same Vedic roots, especially the Atharva Veda, Ayurveda focuses on the body and mind, while Jyotish (Vedic Astrology) explores time and destiny. Together, they form a functional and philosophical whole. The energetic parallels between the *Dosha* and the *Graha* form the diagnostic and therapeutic core of their integration. Saturn, Rahu, and Mercury influence *Vata*; Sun, Mars, and Ketu govern *Pitta*; Moon, Venus, and Jupiter relate to *Kapha*. These cosmic energies, when disturbed or imbalanced, manifest in various physical and psychological diseases. Furthermore, planets also influence the *Sapta Dhatu* (body tissues) and relate to the *Pancha Mahabhuta* (five elements), enhancing Ayurveda's elemental and tissue-based diagnostic system. The subtle realm of mental health and karmic blocks is also addressed jointly Jyotish reveals emotional patterns, ancestral influences, and afflictions, while Ayurveda heals them through *Sattvavajaya* (mind therapy), *Medhya Rasayana* and lifestyle alignment. Planetary remedies like Mantras, Gemstones, and Rituals are incorporated to balance cosmic energies. The role of *Muhurta* (auspicious timing), planetary transits, and lunar cycles further refines treatment timing for better efficacy. In a modern context, this integration sometimes termed *Ayur jyotisha* offers personalized wellness solutions by aligning an individual's *Prakriti* (constitution) with their Janma Kundali (birth chart). It enables early detection of imbalances, supports emotional healing, and fosters spiritual alignment. Ultimately, Ayurveda and Astrology offer not just therapeutic interventions but a way to live in tune with the universe. As the article beautifully concludes, healing is not merely about the body it is about aligning with the cosmos, reminding us that we are not separate from the stars, but their living expression.

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